

**TODAY and
TOMORROW**

Puppet Prattles

SIR A. Ramasamy Mudaliar, head of the so-called Indian Delegation, raised the most applause at Sunday's session of the San Francisco Conference. It is not difficult to see why Ramasamy Mudaliar's speech was so well received and reported. The British Government had dictated to Ramasamy Mudaliar and his fellow-delegates the very words of their speeches and statements. And yet, if at the last moment Mudaliar or his friends dared to disobey British instructions and give expression to the real feelings of the Indian people, the San Francisco bluff would be exploded in a few minutes. But Ramasamy Mudaliar is not the man to upset the Anglo-American-Soviet apple cart. The British and more the Americans and Russians were prepared for a certain amount of militant speech even from the puppet Indian delegation.

But what a gem was Ramasamy! He did not cause the least discomfort to Britain, America and her fellow conspirators. He did not make even a weak demand for India's independence—immediate independence or independence in the near or distant future. Most considerably, he requested Britain and her big friends that India should not be treated as a dependent nation. Even this weak demand Ramasamy made it plain, he was not eager to press or emphasise. In fact, he practically cancelled his own weak demand by declaring that India attached the greatest importance to social and economic security.

There is no need to state the big powers' reaction to Ramasamy Mudaliar's speech. They are very pleased with this leader of the so-called Indian delegation. His words apparently give full moral sanction to their own claims to joint dictatorship over the whole world.

But to be an effective British tool, Ramasamy Mudaliar must not only give support to the big powers. He must aim at producing an impression that he is also a champion of Indian nationalist aspirations. That is why Ramasamy Mudaliar talks about India's war contribution and argues that India should not be treated as a dependent nation. No Indian will be deceived by this speech. The Indian people know that the policy of the San Francisco Conference is that the big powers are masters and all other nations are slaves.

No nationalist Indian looks to San Francisco, to Britain, America or Russia for India's independence. The big powers at the San Francisco conference are determined to treat India and other smaller and

161 & 163, Cecil St., Syonan.

Vol. 2.—No. 101.

Okinawa Fighting Now Reaches Most Intensified Stage

Nippon Forces Repeatedly Throw Back Enemy's Determined Attacks

Tokyo, April 30 (Domei)—Enemy America continues to throw everything it has into the decisive Okinawa battle to improve its war situation. Against this, Nippon too is pitting its fullest strength, our forces carrying out fierce attacks daily. Accordingly, the Okinawa battle is reaching a most intensified stage.

Following up fierce attacks from April 6 Nippon air forces comprising the main strength, pounced upon enemy warcraft on April 27 and 28 inflicting heavy losses of 79 vessels sunk or damaged.

New developments featured an attack by the Kamishio Special Attack Corps on an enemy convoy in waters south of Okinawa on April 27 and an assault by our air force on a strong enemy Admiralty base in the South Pacific the same day.

Spirited "sure hit, never returning" attacks against enemy warcraft and task forces in Okinawa waters are daily intensifying in scale and dealing a heavy blow to the enemy's vital supply lines.

In the one month since the enemy's landing on Okinawa his losses on land and at sea have been very high. The enemy accordingly of late has been making frantic efforts to develop his land bases with a view to replenishing reduced surface and air power. He has already built airfields on Kerama and Ie Islands and is attempting to develop other airfields in succession.

The present is certainly a golden opportunity for Nippon to win the Okinawa battle.

Tokyo, April 30 (Domei)—While the battle in the Okinawa sector is daily increasing in intensity there are strong indications that the war in the Pacific is being expanded in scope outside the Okinawa sector as a result of our intensified counter-attacking moves.

The latest indication in this direction is our airmen's sweep over Admiralty Islands far out in the Southern Pacific last Friday (April 27) night. In this long-range strike our air force is so far known to have sunk one enemy auxiliary carrier. In addition another enemy warcraft identified as a battleship was heavily damaged with direct torpedo hits.

weaker nations as slave nations. Independence can come to India only when the imperialistic conspiracy of the big powers is broken, only when Anglo-American tyrannical power is shattered.

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ENGLISH EDITION

Organ of the Indian Independence League Headquarters.

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TUESDAY, MAY 1, 2605, SYOWA 20

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ADDITIONAL SEVENTY-NINE ENEMY WAR VESSELS SUNK, DAMAGED OFF OKINAWA

472 Warcraft Lost To Foe To Date 18,300 Casualties In Okinawa War

Tokyo, April 30 (Domei)—The Imperial Headquarters, in a communique issued at 4.30 p.m. on Monday, revealed that Nipponese air and surface units have either sunk or damaged an additional 79 enemy warcraft in waters around Okinawa and also off Admiralty Island. This brings the total of enemy shipping destroyed since March 23rd to 472 ships. The communique also announced that the enemy has lost 18,300 men on Okinawa Island since his landing.

The communique reads as follows:

(1) Our units in the southern sector of Okinawa Main Island, since April 19th, although allowing the enemy to gain some ground, have repulsed several enemy attacks with heavy losses inflicted on the enemy at each attempt. Our units continue to put up gallant fighting. Since the enemy's landing up to April 28th, our units have achieved the following war results on the ground, as ascertained up to date:

Enemy casualties: Approximately 18,300.

294 Tanks knocked out or set ablaze.

102 motor cars destroyed.

65 Artillery pieces of various calibre destroyed, ammunition and supply dumps at 26 places blasted, 97 aircraft shot down or damaged.

(2) Our air units continue to attack enemy air bases on Okinawa Island, enemy shipping around the main island and enemy task forces. Especially after April 27th, they have been carrying out daily assaults and inflicting heavy damage. Since April 18th up to the present, the following war results have been confirmed:

Sunk: One battleship or cruiser, four cruisers, two destroyers,

two transports, one oil tanker and 15 other warcraft of unconfirmed category.

Damaged: One converted aircraft-carrier, five battleships, three battleships or cruisers, five cruisers, two destroyers, one large-sized warcraft, five transports and 16 other ships of unconfirmed category.

The majority of our air units who participated in these attacks were members of Special Attack Corps.

(3) Our surface special attack corps, between April 15th and 27th carried out close-range attacks against enemy warcraft and other vessels around Okinawa Main Island and achieved the following results:

Sunk: Two destroyers, three transports, two large-sized warcraft and one ship of unconfirmed category.

Damaged: Three vessels of unconfirmed category.

(4) Our "Shin-Cho" Special Attack Corps, on the morning of April 27th, attacked an enemy convoy cruising northward in waters south of Okinawa Main Island, and sank four transports.

(5) Our air units, on the night of April 27th, attacked enemy shipping anchored off Admiralty Island and sank one converted aircraft-carrier.

Cholera Epidemic Ravages Bengal Br. Press Voices Great Concern

Lisbon, April 30 (Domei)—The seriousness of the cholera epidemic now raging in Calcutta today was emphasized by the Glasgow Herald in an editorial stressing that the Government of Bengal and the India Command are facing an extremely grave situation, according to a Glasgow dispatch.

The deadly outbreak of cholera, striking soldiers and civilians alike, is a menace that has not been known during the present century, the journal said.

B-29's Over Balik Papan Area In Abortive Raid

Balik Papan, April 29 (Domei)—Two enemy B-29's appeared over the Balik Papan area at about 1.40 p.m. yesterday afternoon. The enemy fled north-eastward after dropping bombs into the sea. No damage was suffered by our side.

Military authorities, the editorial said, have been attacked for making Calcutta the principal leave centre for the South-east Asia Command. However, the authorities, the journal declared, have not been able to do anything, as fighting men on leave cannot be kept away from Calcutta.

"Nature, however, has now struck. Cholera and its kindred terrors cannot be argued with," the Glasgow Herald declared.

B-24 Raiders Downed & Damaged Over Shanghai

Shanghai, April 29 (Domei)—Of two B-24's which invaded Shanghai on the night of April 28, one was shot down and the other damaged by our anti-aircraft batteries. No damage was sustained by our side.

India Delegation Head Cuts Comic Figure At 'Frisco

Sells Country's Interest At Master's Bidding; Friction Among "Big-3" Powers

A dispatch from San Francisco says that Sir A. Ramaswami Mudaliar, head of the so-called Indian delegation, raised the most applause at Sunday's session of the San Francisco Conference. Sir Ramaswami is reported to have said exactly what his British masters wanted him to say.

He talked a lot of rubbish about India's war contribution and then requested Britain and her big friends that India should not be treated as a dependent nation. He did not dare to say that what Indians desired most was complete independence, but said that India attached the greatest importance to social and economic security.

Commenting on Sir Ramaswami's speech, competent Indian circles here say that no Indian with an atom of self respect in him will be deceived by it especially because everyone knows that Sir Ramaswami Mudaliar ranks among the worst puppets of the British Raj.

Lisbon, April 29 (Domei)—The blatantly publicized "World Security" Conference now being convened in San Francisco, ostensibly for securing a basis for post-war peace, today definitely is resolving itself into the familiar power-politics pattern of wrangling over selfish interests and Machiavellian intrigue which wrecked the League of Nations.

Harrison Salisbury, United Press correspondent, reporting from Washington said the San Francisco Conference was believed to be shaping into a showdown contest between the Russians and Anglo-Americans over the basic issue of whether the new security organization shall be run by what he termed "big power bosses." He added the issue which underlined the struggle over committee chairmanships was "expected to reveal itself on half a dozen other questions."

Salisbury revealed the Americans and British failed to make any headway with the Russians on reorganizing the Polish Government, according to the Anglo-American interpretation of the Yalta Agreement, optimistically adding it was understood that hope for a Polish settlement has by no means been abandoned and efforts to achieve a meeting of views is going forward.

The correspondent inadvertently underlining the hollow mockery of the whole affair and the Anglo-American schemes to weaken the Soviet hold on Europe, stated another showdown would occur on "whether the security organization shall

(Continued on next page)

Celebes Takes Memorable Step Toward Freedom

Macassar, April 29 (Domei).—An historical step toward long-desired independence was taken by Celebes inhabitants on the felicitous day of Tencho-setsu, as authorization was granted Indonesian people here to hoist their own racial flag and sing their own anthem.

In addition, other significant measures have been taken by the Nippon authorities here in preparation for the forthcoming full dress independence which has solemnly been pledged by the Nippon Government. Among them are the enactment of a decree regulating the patronage and encouragement of native enterprises, establishment of a system through which capable Indonesians may participate in the Administration as counsellors, and the opening of a National Foundation Training Institute.

A congratulatory message was given by inhabitants on this double celebration day by the Supreme Commander of the Nippon naval garrison.

Three B-29's Downed Over Kanoya In Aerial Combat

Tokyo, April 29 (Domei).—Approximately 100 Mariana-based B-29's early this morning raided the Southern Kyushu district. About 60 of the raiders, flying in four waves penetrated Southern Kyushu through Satsuma and Osumi Peninsula from about 7 a.m. The remainder divided in two echelons, the first making a feinting movement towards the north.

However, over the northern part of Miyazaki Prefecture, the enemy reversed his course and joined the main strength which penetrated from the south to attack our air bases in Kogoshima and Miyazaki Prefectures.

Intercepting the invaders our air units engaged the enemy in fierce aerial combat and war results so far confirmed include three super-forts brought down over Kanoya. Further war results are expected upon completion of investigation which are now under way.

Posthumous Decorations Awarded To Air Heroes

Tokyo, April 29 (Domei).—The War Ministry and Board of Decorations today jointly announced that decorations have been posthumously awarded to 35 heroes of the air who perished in the War of Greater East Asia after rendering meritorious services.

Included among those honoured are Colonel Hitoyuki Kato who died a gallant death on January 29 in a ramming attack against an enemy taskforce in Sumatra waters, and Sub-Lieutenant Sei Suzuki who body-crashed into a B-29 raider over Tanashi in the suburbs of Tokyo on January 27.

Tension Brewing In Beirut Between Political Parties

Lisbon, April 29 (Domei).—Reports from Beirut said the political tension existing in Lebanon as a result of open differences between the Faramch Cabinet and a group of deputies headed by former Premier Riad Es Solh would lead to Premier Abdul Hamid Faramch asking for the confidence of the Chamber of Deputies tomorrow.

Vitamin Deficiency 'Decays Body; Hints On Preservation Of Health

Ninety-nine per cent of the present day diseases can be traced to deficiency in vitamin contents of our daily diet. This is especially so under war-time conditions when there is a general lack of necessary foodstuffs. We, in Malai, have not seen the worst of the ravages of war and we have here at the present time all the essential food stuffs for a "balanced diet." If the populace takes a little more care in the selection of the daily foodstuffs in order to have all the essential vitamin properties for the healthy growth of the body, most of the present day agonies from diseases can be overcome.

The following is a broadcast speech by one of the eminent Doctors in Syonan on "Balanced Diet" which we reproduce here in this issue in the belief that it may be of great help to our readers in the selection of their foodstuffs:

The subject for my talk is balanced diet. I need not stress the importance of it for the maintenance of good health and the enjoyment of the full span of life. Balanced diet does not mean that different kinds of foods are to be weighed and used in strict proportion. Actually the quantity of food to be consumed varies from person to person depending on the work he performs. In choosing a diet it is essential to remember that the food we eat should give us not only sufficient energy for the work our bodies have to do but it should be capable of bringing about normal growth and repair of daily wear and tear of the tissues, ensuring their normal functional efficiency.

It is common knowledge that a proper food is made up essentially of starch, fats, proteins, mineral salts, and water. Starch, sugars and fats in our food supply the energy required by our body. Proteins and salts serve the process of repairing wear and tear of the body tissues. The common diet of the average man usually contains sufficient quantities of starches, sugars, proteins, fats and salts. Therefore I do not propose to deal with them in detail. But in addition to these, there must be certain other factors in our food to make it a balanced diet.

Balanced Diet.

These factors are called vitamins and they are as such essential to the human body for the proper growth and maintenance of good health as the substances mentioned before. In general the lay man has a very poor knowledge of vitamins. For this reason I will talk about vitamins in some detail explaining the diseases caused by their deficiency in the diet and the principle foodstuffs which contain them. The existence and the function of the vitamins A, B1, B2, C, D, E, and P.P. have been definitely established.

Vitamin A is found in the yellow colouring matter of many of our foodstuffs. This yellow substance is called Carotene and this is converted into Vitamin A in the body after digestion. A diet which is deficient in Vitamin A lowers the resistance of the human body against many diseases of bacterial origin, like influenza, cold and cough. As a later manifestation it causes night blindness and a disease called Xerophthalmia which is inflammation and ulceration of eyes. The growth of a child is retarded, if its diet is deficient in this vitamin. The richest source of this vitamin is the Halibut Liver Oil. Palm oil and Cod Liver oil come next in order. Butter, milk, carrots, cabbage, lettuce, eggs, fish, kidney, liver and sweet bread all these contain this

vitamin in good quantities. But flesh like beef and mutton contain very little or none at all. We are fortunate that we have in palm oil one of the richest sources of Vitamin A. Two teaspoonsful of this oil taken once a day will supply the body with all the Vitamin A it needs.

Anti-Beri Beri Vitamin

Next we take Vitamin B1 which is also called anti-neuritic or anti-beri beri vitamin. This vitamin is also prepared synthetically under the chemical name Aneurin. Deficiency of this vitamin produces general weakness, debility, loss of appetite, polynouritis and beri beri. Deficiency of Vitamin B1 is of grave consequence to expectant mothers and infants. Rice and wheat polishings and their germs are the richest sources of natural Vitamin B1. Hence an unpolished rice diet is the best. Vitamin B1 is also found in the following foodstuffs: Ragi, peanuts, beans, beetroot, green cabbage, carrot, peas, liver-kidney and eggs. In this connection I should like to say that ragi is a very good source of Vitamin B1 and I would strongly suggest the inclusion of a certain quantity of ragi in the daily food of everybody. The brown outer coating of the ragi contains this vitamin and it must not be removed. Fresh toddy is another source of Vitamin B1 and taken in moderation is a very good food.

I will talk about Vitamin B2 and P.P. together due to their close association. Vitamin B2 or Lactoflavin E is a protein which is essential for the normal respiration of all the cells of the body tissues. Vitamin P.P. is the Pellagra preventive vitamin. Pellagra is a disease usually found in people who use maize as a staple diet. This is a disease very seldom found in Malai, and as such it is no use enumerating the symptoms of this disease. The Vitamins B2 and P.P. are found in close association with Vitamin B1 and as such it will be superfluous to repeat the list of foods already mentioned.

The absence of Vitamin C from the food causes Scurvy, a disease characterised by spongy bleeding gum, loose teeth, anaemia and bleeding under the skin. With the discovery of Vitamin C and its effect on scurvy, the disease is now practically non-existent. The best natural source of Vitamin C is the orange. Papaya is also a good source. But local plantains, lime and mangoes contain very little or none at all. Of the vegetables tomatoes, green chillies, carrots, cabbage and other leafy vegetables are good sources of this Vitamin. The effect of cooking foods and vegetables is destructive to Vitamin C. An orange a day (local oranges are as good as any other)

Russians Launch Final Attack On German Capital

Lisbon, April 30 (Domei).—The Red Army battling for May Day victory, yesterday April 29 launched its final assault on the remaining German bastions of Central Berlin and broke through to the very heart of the capital's "West End," reports Reuter's special correspondent from Moscow.

On the eve of the great Soviet holiday, Marshals Zhukov and Koniev split the German garrison by a link-up in the central area of Unter Den Linden. South-west, according to the same reports, fighting has already reached the western end of Tiergarten, while in the north Zhukov's men are nearing Lehrter Station, only 200 yards from the German Ministry of the Interior and 600 yards from the southern side of the encirclement ring of Soviet spearheads trying to curl round the important Potsdam and Anhalt stations, both within a few hundred yards of the Wilhelmstrasse.

Sunday's German communique reported fighting in Friedrichstrasse and Wilhelmstrasse at the southern end of old Berlin.

Meanwhile, General Eisenhower's Headquarters announced that all organized resistance in the Black Forest pocket has ceased and the area is being mopped up. Other reports disclosed that anti-Axis troops are within 20 miles of Munich.

On the Maritime Alps front anti-Axis forces are reported to have crossed the Italian frontier for a stretch of 50 miles from the Ligurian Sea.

Soviet Opposes Argentina's Presence At Frisco Confab

Lisbon, April 30 (Domei).—Foreign Commissar Viacheslav Molotov Chief Soviet delegate to the San Francisco Conference, today announced at his press conference that he would publicly oppose at today's plenary session the immediate extension of an invitation to Argentina to join the San Francisco Conference, according to a San Francisco dispatch.

or a few pieces of ripe papaya will ensure the daily need of Vitamin C.

The lack of Vitamin D is the cause of rickets. Rickets is a disease of early childhood in which the bones of the body become soft and pliable. As a consequence of this soft and pliable condition of the bones rickety children develop serious deformities like knock-knee, pigeon-breast and pelvic deformities. Infants, growing children, expectant and nursing mothers require more Vitamin D than others. Vitamin D is present in all fish liver oils especially Halibut and Cod. It is also found in the yolk of eggs, milk, butter, and cream. The skin of human beings contains a chemical substance called ergosterol, which when acted on by ultra-violet rays of the sun is converted into calciferol which has the same properties of preventing rickets as Vitamin D.

The absence of Vitamin E in the diet has been proved to be the cause of lack of fertility. Vitamin E is found to be of great value in the prevention of repeated miscarriages. This Vitamin is found in plenty in embryo of wheat.

Friction Among "Big-3" Growing In Frisco Confab

(Continued from previous page) have the right to review or cancel such wartime treaties as Russia signed with France, Yugoslavia, Czechoslovakia, Warsaw and the Poles."

Meanwhile, reports from San Francisco indicated that little powers are attempting to secure a firmer seat on the band wagon. They said Middle Eastern Arab countries of Saudi Arabia, Egypt, Iran, Syria and Lebanon had decided to press unitedly for an extension of the Security Council to include fourteen members instead of the original 11, apparently in a move to afford a better chance of securing Arab representation on the Council.

Meanwhile the plenary session of the conference approved six recommendations of the Steering Committee, including the designation of four presidents, and inviting Ukraine, White Russia and Soviet republics. However, at a press conference, Chairman Edward Stettinius indicated that the United States is seeking to secure the whip hand over Soviet delegate Viacheslav Molotov, declaring the question whether two Soviet republics would be seated at the conference has not yet been decided.

I.I.L. Hqrs. Donate To "Awa Maru" Relief Fund

The "Awa Maru" Relief Fund opened by the Nippon Edition of the Syonan Shimbun is receiving good support from local communities.

The latest subscriber to the Fund is the Indian Independence League Headquarters in Syonan which has forwarded a cheque for \$10,000 as a token of its sympathy with the bereaved families of those who had lost their lives by the sinking of this mercy ship.

Previous contributors to the Fund were three leading Chinese relief organizations who donated \$15,000, the donors being the Black Cross Workers, the Blue Cross Association and the Nanyang Sacred Union who each contributed \$5,000.

At the public demonstration held at the Dai Toa Gekijo on April 18 at which the burning indignation and resentment of East Asians at this latest American atrocity was placed on record, a sum of \$19,000 was collected, including a donation of \$5,000 from the Chinese community here.

NOTICE

It is hereby notified that Meera Store of 693, North Bridge Road, Syonan, is no more the Sole Distributors for Noor Products since 1st of April, 2605. Consumers and Customers of Noor Products are advised to get their supplies from our stockists and retailers in the town.

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